

The Newport Navallog

SERVING COMMANDS AND ACTIVITIES, NEWPORT, R.I.

January 15, 2016 Edition

**SPECIAL POINTS OF INTEREST:
MAJOR TRAINING EXERCISE SCHEDULED FOR FEB. 4, 2016 WITH BASE-WIDE IMPACTS—NOTE THE DATE!**

TRAFFIC UPDATES INSIDE

MLK HOLIDAY MONDAY, JAN 18TH — RETAIL & RECREATIONAL FACILITIES WILL HONOR HOLIDAY HOURS

Inside this issue:

<i>NAPS Exercise / Kisses & More</i>	2
<i>NHCNE News</i>	3 & 14
<i>Fleet & Family Support</i>	4
<i>Meat & Potatoes</i>	6
<i>Now Hear This & Traffic</i>	7
<i>Morale, Welfare & Recreation</i>	9
<i>Navy Wide News & Solid Curtain Citadel Shield Info</i>	10 & 11
<i>NWC & NWC Museum News</i>	12 & 13

CO's Corner—Happy New Year

Happy New Year everyone,

This is the first edition of the Navallog in its “electronic only” format until we’re able to secure another contract to print hard copy editions of our weekly paper. I remain optimistic that we will be able to have something in place later this winter. In the meantime, I encourage all of you to continue to keep up-to-date on installation events, activities and news right here. This is the first full week back to work for TEAM NAVSTA and a lot took place as we jumped right into 2016 full speed ahead. We had a training exercise earlier

this week with the Naval Academy Prep School; kicked off an Indoctrination Session on Wednesday and will enjoy a special lunch today at Ney Hall Galley in recognition of Martin Luther King, Jr.’s birthday which we will celebrate on Monday. As always, keep safety in mind as we head into the three day weekend and keep your eyes on the forecasts now that New England is getting some of the temperatures more seasonably in line with what we expect.

Like many of you, I took time out over the



holidays to reflect on 2015, both personally and professionally. We made progress in 2015 on many of the goals that I set in late 2014 and I intend to continue to focus on those as we learn from our experiences, address new challenges and adjust to fiscal and operational constraints and

CO's Corner, Page 4

CORIVRON 8 Personnel Mobilizing

Naval Station Newport, RI is the Navy's Center of Excellence for Officer and Senior Enlisted Education and Training and is not often the location for mobilization activities but they do take place.

Naval Station, home to 50 separate commands and departments, does

house deploying assets such as Coastal Riverine Squadron (CORIVRON) 8 which began the process of mobilizing over 100 personnel for deployment to the Navy's 5th Fleet Area of Responsibility (AOR) headquartered in Manama, Bahrain last Friday.

The installation's various schools and facilities also routinely support the Fleet by Individual Augmentees (IA) to missions both domestic and overseas.

The current mobilization of CORIVRON 8 is part of a persistent security presence in foreign

CORIVRON 8, Page 5



Photo by ETN3 Alexis Chaung, NAVSTA Public Affairs

Patrolman Robert Tansey (right) and Gunner's Mate 2nd Class Randall King role play taking a disgruntled NAPS Midshipman Candidate into custody during Tuesday's exercise. Emergency and rescue personnel reported to the scene and all personnel were directed to shelter in place until further notice.

Kisses and more: Do you ask?

Before you kiss, do you ask? Will it ruin the moment? Will you feel like an idiot? Most people do not ask their partner before engaging in intimacy. Yet, the far majority of individuals love being asked! Why?

Nationally-renown expert and author, Mike Domitrz, explains that "Asking takes away all the pressures and eliminates potential confusion. Plus, when you learn how easy it is, you discover how sexy and romantic asking can be."

Domitrz will speak Feb. 8 at 10 a.m. in Mullen Auditorium at the Surface Warfare Officers School.

With all the recent media attention on high profile celebrities and their sex lives, asking isn't just about having more fun.

"The greatest reward of asking is that you are giving your partner the opportunity to say whether he or she wants to do what you want. You are giving your

partner complete respect. Asking protects both of you from being involved in an uncomfortable situation," says Domitrz.

Do you think the idea sounds a little "nutty"? Come out on Feb. 8 and experience it for yourself!

Known for his interactive, hilarious, and hard-hitting approach with audiences, Domitrz inspires by providing simple solutions. Domitrz's critically-acclaimed book, "[May I Kiss You?](#)" is being used as a model by people of all ages around the world. Domitrz has traveled the country for over a decade sharing with people of all lifestyles and backgrounds. He has spoken with professional athletes and is

NAPS Hosts Active Shooter/Emergency Response Exercise

Patrolman Robert Tansey (left) and Master at Arms 2nd Class Ian Cook search Midshipman Candidates for weapons as part of the emergency response/active shooter drill held at the Naval Academy Preparatory School (NAPS) on Jan. 12. The training resulted in a temporary closure of all Gates onto the installation while response plans were tested. The Naval Station Newport Emergency Operations Center alternate location was set up and tested as well. Solid Curtain/Citadel Shield Navy-Wide exercise will be held in early February.



Photo by ETN3 Alexis Chaung, NAVSTA Public Affairs

often utilized as a media expert for TV and radio shows.

To learn more about Mike Domitrz's upcoming presentation of his "Can I Kiss You?" training, call Allison Agnello, SARC at 841-4426. You can learn a great deal about Mike at <http://www.datesafeproject.org/media-and-news-room/> (including visiting the online "Media & News Room").



Tricare Pharmacy copays change Feb. 1

Most copays for prescription drugs at Home Delivery and retail network pharmacies will increase slightly effective Feb. 1, 2016.

The 2016 National Defense Authorization Act (NDAA) requires TRICARE to change its prescription copays. All drugs at military pharmacies, and generic drugs through Home Delivery, are still available at no cost to beneficiaries. Copays for brand

name drugs through Home

Delivery increase from \$16 to \$20, for up to a 90-day supply. At retail pharmacies, generic drug copays go from \$8 to \$10, and brand name drug copays go from \$20 to \$24 dollars, for up to a 30-day supply. Copays for non-formulary drugs and for drugs at non-network pharmacies will also change.

Beneficiaries can save up to \$208 in 2016 for each brand name prescription drug they switch from retail pharmacy to Home Delivery. Home

Delivery offers safe and convenient delivery of your prescription drugs right to your mailbox.

Military pharmacies and TRICARE Pharmacy Home Delivery will remain the lowest cost pharmacy option for TRICARE beneficiaries when some TRICARE pharmacy copays change in 2016.

To see the new TRICARE pharmacy copays, learn more about the TRICARE Pharmacy benefit, or move your prescription to Home Delivery, visit www.tricare.mil/pharmacy.

NHCNE Newport Flu Clinic

Naval Health Clinic New England (NHCNE), Newport, Flu Clinic will be open Jan. 23, 8 a.m. to noon, for flu shots, flumist and pediatric flu vaccine. Only flu vaccines will be administered on this date. Capt. Maureen Pennington, Commanding Officer of NHCNE rolled up her sleeve recently—have you?

Flu Season is upon us and active duty military should all be vaccinated by this time—For more information, call 841-1165.

(Remember—the Clinic will be closed Sat, Jan 30th)

Photo by Kathy MacKnight, NHCNE Public Affairs



Photo by Kathy MacKnight, NHCNE Public Affairs

Naval Health Clinic New England nominated Hospital Corpsman Heather Lowery from Physical Therapy and Hospital Corpsman 3rd Class David Baeza from Medical Homeport for December Shipmates of the Month. BZ Shipmates!



CO's Corner—(Cont. from Page 1)

changes. We will remain focused on the work of Ney Hall Galley and other MWR-provided food services for those who eat on base and the quality of the billeting provided by Navy Gateway Inns & Suites for those who remain over-night.

NAVSTA Public Works surpassed my expectations last year with the amount of paving and utility work they were able to execute while short staffed and adjusting for the impacts of Mother Nature on the construction schedules. We will continue our partnership with Balfour Beatty in support of our families living in the area and I'm excited about seeing solar panels being placed on many of their homes, the

savings from which will benefit all residents.

Morale, Welfare and Recreation will continue to promote health and fitness and I'm looking forward to participating in their events throughout the year. As you may have seen from one of my

"Wednesday with the Skipper" video's posted weekly on Facebook, the Commissary renovation got underway and our Navy Exchange is looking to begin their renovation soon.

The training exercise with NAPS went well. None of us enjoy the task of training for an active shooter, natural or

man-made disaster but that task must be done. We will continue training our response teams and working on our executable response plans. The annual Navy-wide Training Exercise "Solid Curtain/Citadel Shield" is taking place the beginning of next month so stay tuned on that and details on how we will engage locally.

Finally, we will continue to seek ways to execute tasks assigned while being the best stewards of our resources. My staff has been working hard on this goal and I'm proud of some of our accomplishments and optimistic about others.

NAVSTA was awarded the Secretary of the Navy's Platinum Award for

Energy Conservation and Water Management last year; The Navy's Renewable Energy Program Office is focused on solar energy for the installation which should reduce our utility costs while reducing greenhouse gas emissions; everyone is learning to do more with less in order to navigate these times of fiscal constraint.

I'm excited about 2016 and hope that you all are as well. Newport is a remarkable place to train and live and I continue to be impressed by the history of this installation and the caliber of the people who train and work here.

Keep reading your *NAVALOG*! Stay informed and have a great long weekend.



Fleet & Family Support Center Workshops (Call 841-2283 to register)

"Life Skills Education is the topic for January 2016. As we manage our personal and professional lives, we may find that additional support and guidance may be needed.

FFSC Newport offers a variety of programs for that purpose.

These programs can be offered at FFSC or for your convenience, at your command. Individualized sessions/consultations with specialized staff in

a private setting at FFSC are also offered.

January 2016 programs are:

-Jan. 19, 9:30 to 11 a.m.: Smooth Move Workshop

-Jan. 19, 3-4 p.m.: Couples Communication

-Jan. 20, 6-8 p.m.: Homebuyers Workshop

-Jan. 21, 9-11 a.m., 1-3 p.m.: SAPR/Victim Advocate (VA) Continuing Education

-Jan. 25-29, 8 a.m.-4 p.m.: SAPR VA Training (Approval by SARC Re-

quired)

-Jan. 26, 2:30-4 p.m.: Develop Your Spend Plan

-Jan. 27-28, 8 a.m. to 4 p.m.: Accessing Higher Education, MWR Rec. Center

-Jan. 28, 3-4 p.m.: Anger Management

Other programs offered include Stress Management, Resume Writing, Love and Logic Parenting Series, New Spouse Orientation, Suicide Prevention, and others.

Vet clinic closed Saturdays in January

The U.S. Army Veterinary Clinic at Naval Station Newport, 1255 Whipple St., located in the rear of the Leisure Bay Coffee Shoppe, will be closed Saturdays in January.

The clinic's weekday hours are Monday, Tuesday and Friday from 8 a.m. to 4 p.m.; closed Wednesday and Thursday. Make an appointment by calling 841-3994, or visit the clinic.

The next Saturday opening will be February 20.



CORIVRON 8 Mobilizes *(cont. from Page 1)*

ports that has been ongoing for over 14 years. The unit is responsible for maintaining readiness of its assigned companies, including training individuals to deploy in support of mission tasking.

CORIVRON 8 is a multi-service (Navy & Coast Guard) unit that provides centralized planning, control, coordination and integration of Boat and Security Departments. CORIVRON 8's Anti-Terrorism/Force Protection missions include harbor and homeland defense, coastal surveillance, and special missions.

The deploying personnel are a mixture of Officers and Sailors from throughout the command's headquarters company, Alpha, Bravo, Charlie and Delta Companies.

This deployment involves maritime port security missions that will be executed by reserve personnel hailing from throughout the country.

The group will depart Newport Jan. 10 for additional training and readiness preparations prior to leaving the continental U.S. in Spring for an additional six months in the 5th Fleet AOR.

Personnel will be providing port security in support of U.S. and coalition naval assets throughout the region. The unit includes personnel who specialize in small boat operations, high value unit protection and security enforcement.

Many of those assigned to the command are veterans to these types of deployments including Equipment Operator (EO) 2nd Class Peter

Lamoureux, a reservist from Worcester, Mass., who deployed with CORIVRON 8 (then known as Mobile Security Squadron 8) to the Navy's Fifth Fleet in 2012.

For others, like Hospitalman 3rd Class Nicolas Luck from Smithfield, R.I., this is their first deployment. As always the "veterans" are there guiding their younger shipmates through the process which is supported by members of the Navy Operational Support Center (NOSC), Newport.

NOSC, another command onboard Naval Station Newport, is responsible for the readiness of more than 625 selected reserve Sailors who make up 30 diverse units, which provide operational capabilities to their supported active-duty commands fleet wide.

NOSC Newport will mobilize and demobilize these CORIVRON 8 personnel and support those families left behind with any Navy related issues that may arise for them.

Families are not always just those who we are related to. Boatswains Mate Senior Chief Dana Titchnell, from Pawtucket, R.I., is also leaving his second family – a Pawtucket youth

basketball team he has been coaching.

"I'll miss the rest of this season with the basketball, all of baseball season and some of the football season with this deployment," Titchnell said. This is his fourth time deploying since 2008 so the local youth sports clubs he is active coaching are no strangers to supporting the Navy's mission by giving up their coach.

CORIVRON 8 personnel began their processing last Friday, and moved out through the weekend as they headed down to Virginia to continue training and processing, stage all of their equipment, and prepare to depart for their overseas mission in the coming months.

Unit personnel will return to Newport this spring and physically depart for overseas service then.



CORIVRON 8's Anti-Terrorism / Force Protection missions include harbor and homeland defense, coastal surveillance and special missions.



Meat & Potatoes of Life: The boy is back in town!

There is a room in our creaky old base house that we try to avoid. It's a dangerous hazard, a treacherous obstacle, a toxic wasteland. Those who enter are well-advised to wear eye protection, use a gas mask, and wield a knife, just in case.

You see, buried deep in debris and dirty gym socks lies the creature who is responsible for turning that room into a veritable landfill: our 20-year-old son, Hayden, who has been home from college for three weeks.

Every time Hayden goes back to college, it takes a month to turn his bedroom into an acceptable guest room. It's not just a matter of cleaning - more like the disaster restoration services that are performed after fires, floods, or lethal mold infestations.

The room stays clean until Hayden comes home from college on break, and the cycle repeats itself all over again.

Now, although I provided my son with clean sheets, the mattress is, once again, bare of linens, which were presumably thrown off in the middle of the night and lay crumpled in a dusty corner. The bed is instead strewn with gum wrappers, cords, empty soda cans, and wrinkled clothing. The floor is covered with piles of neglected books, empty boxes, tangled electronics, crusty dishes, and stiffened gym clothes. Every flat surface holds teetering stacks of college boy cast-offs, all coated in an unhealthy sprinkling of dust and toenail clippings.

Interestingly, none of this seems to interfere with our son's daily routine while home on break. He is perfectly happy to wake up at noon on his litter-strewn mattress, wearing the same pizza sauce stained t-shirt he had on yesterday, and stumble like a zombie with crazed hair down to the kitchen for his daily roast beef sandwich, which he likes to consume on the

couch while watching old episodes of "Judge Judy" and wiping his hands on the upholstery.

After a sufficient number of crumbs have been deposited on the carpet, Hayden finds his way back to his bedroom, somehow negotiating the familiar piles of debris without so much as a scratch, to spend a few hours on one of several electronic devices before getting serious about his day.



Sometime in the midafternoon, he emerges once again from his personal cesspool, ready to face the day, or what's left of it, with vim and vigor. He has not shaved, combed his hair, or changed his clothes, but he does manage to grab his coat (which doubles as a blanket while his bedding is in that forgotten corner) and his shoes (both of which remain untied.)



**Lisa Smith
Molinari**

He spends the rest of his day walking the dog, going to the gym, and visiting friends. I wonder if Hayden's buddies are alarmed by his disheveled state, but I realize

that young men his age are too caught up in youthful exuberance to care.

He returns home in time for dinner, during which he consumes his meal in a manner normally associated with rabid wolverines. To his credit, Hayden courteously drops his fork and plate into the dishwasher before retiring to his putrid quarters for the night. We remind him to take a shower, which he always does, even if that occurs at 1:00 am, after various phone calls to friends, old movies, and rounds of Pokemon Super Mystery Dungeon.

We'll take him back to college next week, after which I will excavate, fumigate and disinfect his room so guests can sleep there without breaking an ankle, contracting a fungal infection, being strangled by electrical cords, or catching Legionnaire's Disease.

Why do we enable our son to live in such a primitive and unsanitary way when he's home from college? Shouldn't we, a military family, require him to wake with morning revelry, and spend his day with productive, ship-shape pursuits?

Perhaps. But seeing as Hayden tackles Differential Equations, Algorithms, and Software Design while at school; we figure he deserves a break. Besides, someday when our kids are through with college and on their own, our house will be perpetually clean and ready for guests - with hospital corners, gleaming surfaces, and Febrezed freshness.

And then, we'll long for the days when our home was dirtier, because that was when it was their home too.

Now Hear This!!!

NOTE: Unless otherwise noted, all telephone numbers listed use the (401) area code.

Martin Luther King Day lunch at Ney Hall galley

A special lunch in celebration of the birthday of Dr. Martin Luther King Jr. will be served Jan. 15 at Ney Hall galley. Personnel with routine base access and their non-affiliated family members are eligible to eat at the galley for this special meal. Non-affiliated guests must ride in the same vehicle as the regular patron who will serve as their escort. Cost is \$5.55 per person.

RAB meets

The quarterly meeting of the Naval Station Newport Restoration Advisory Board (RAB) will be held Jan. 20, 6:30 p.m., at the Courtyard by Marriott, 9 Commerce Drive (off Fleet Access Road), Middletown. RAB is a forum for the exchange of information between the local community and a DoD installation when the installation undertakes environmental restoration that may impact its neighbors. The Newport RAB, co-chaired by a Navy representative and an elected community member, discusses the details and cleanup projects under the Navy's Installation Restoration Program. The next quarterly meeting is March 16. For more information, visit www.rabnewport.org/.



Blood drive scheduled at NHCNE

The Rhode Island Blood Center will hold a blood drive Jan. 22 from 10

a.m. to 3 p.m. at the Naval Health Clinic New England, Bldg. 43, in the command conference room. Remember, anyone with routine base access can stop by and donate; you don't have to be a member of the command that is hosting the drive.



NEX annual inventory Jan. 23-24, 26

The Navy Exchange will have some operating hour impacts as a result of the following scheduled annual inventories, Jan. 22-26.

-Jan. 23, 7 a.m.: Bayside Gas Station will reopen for business upon completion of the inventory at approximately 10 a.m. Gas pumps will remain open for credit card purchases only during the inventory.

-Jan 23, 7 a.m.: Greene Lane Mini Mart will reopen at approximately 10 a.m.

-Jan. 24, 6 a.m.: The Package Store will reopen at approximately 9 a.m.

-Jan. 26, 2 p.m.: NEX Main Store, second floor, will remain closed; first floor will be open for business until 4 p.m. At 4 p.m., NEX Main Store will close for business for the remainder of the day. All other NEX locations will be open normal business hours.

-Jan. 27, Normal operating hours resume.

Curious about your VA Benefits?

There are now two Department of Veterans Affairs Benefits Advisors available to assist all Service members, Veterans, and family members with questions about VA benefits and services they may be eligible to receive. These benefits include education, health care, compensation,

life insurance, home loans, as well as other VA benefits and services. Office hours are 8 a.m. to 4 p.m. at the Fleet and Family Support Center, 1260 Peary St., on the fourth Monday of every month starting Jan. 25. To schedule an appointment, email Edward.Desmond.CTR@Calibresys.com or stop by during office hours.

2016 military dependent student, spouse scholarships available

The School Liaison Officer has a list of scholarships available to military family members and the children of military retirees. Each have their own application suspense dates.

Fisher House Foundation (aka Defense Commissary Agency Scholarship). Accepting applications through Feb. 12; <http://www.militaryscholar.org/>

- Call 841 -7126 for more.

CAUTION: TRAFFIC ADVISORIES



Vehicle operators should follow posted road work signage and flaggers directing traffic and detours.

- **Gate 1:** Gate 1 is open 7 days a week/24 hours a day for routine traffic – commercial traffic should enter the installation via **Gate 17** in Middletown which is open Mon-Fri from 6 a.m. to 6 p.m. Commercial vehicles should enter via Gate 17 only.

- **Gate 2:** open for morning commute Mon-Fri from 6:30 to 8:30 a.m. to alleviate Gate 1 back-ups - incoming traffic only.

- **Defense Highway:** Lane closures will continue on Defense Highway through Jan 31 to facilitate a water main upgrade. Be careful for deer crossings in the early morning and late afternoon hours.

- **Pedestrian Alert:** Please cross the streets at marked cross walks only and make sure you are clearly visible when walking/exercising in the dark.

Naval War College Seeks Papers on Women, Peace, Security

NEWPORT, R.I. – U.S. Naval War College (NWC) is issuing a 'call for papers' in preparation of its fourth annual Women, Peace and Security (WPS) Conference held at the college, May 17, 2016.

In an effort to gather theoretical and practical ideas from a wider audience not normally represented in a limited conference format, the conference series chair is soliciting papers from academics, researchers, military personnel, non-governmental organizations and individuals who have an interest or experience in issues pertaining to WPS.

"Conferences have limited room for participants," said Mary Raum, NWC professor and chair of the WPS Conference series. "To have available, online and in the networked world, some quality thoughts on components of WPS from thinkers and practitioners who have a direct tie to the subjects being discussed is an invaluable resource.

"This call for papers will allow for a broader reach in exchanging ideas and enable us to network on a global scale – a first step for formalizing the sharing of ideas allied with conference precepts."

Since the inception of the U.S. National Action Plan on WPS in 2011, NWC has been at the forefront of exploration into national and international issues involving WPS, working towards the goal of empowering women in conflict prevention and peace.

In support of the conference theme, "Critical themes in global se-



MCC James E. Foehl/NWC Public Affairs
Adm. Michelle Howard, Vice Chief of Naval Operations, and Rear Adm. P. Gardner Howe III, president of U.S. Naval War College (NWC), speak with guests during the 2015 Women, Peace and Security conference at NWC on April 16, 2015. The 2015 conference served as an opportunity to hold discussions related to the implementation and sustainment of Women, Peace and Security in the security sector and preserve an active Women, Peace and Security agenda.

curity," interested parties can contribute to this goal by submitting a paper on one of the following subjects:

- Cyber.
- Food security and agriculture.
- Religion.
- Department of Defense components of WPS.

Papers that focus on WPS issues in Africa, Southern Hemisphere and Asia-Pacific regions are of particular interest.

"Being a contributor to this call for papers will allow for an additional avenue of exchange between theo-

rists and practitioners in academia, military and non-governmental organizations," said Raum. "These ideas are important for better operationalizing WPS components in the most meaningful way possible."

Proposals must be submitted by Feb. 28, 2016.

Selected papers will be published and accessible via the NWC website at <https://www.usnwc.edu> <<https://www.usnwc.edu/>> .

Submission guidelines can be found at <https://www.usnwc.edu/wps2016-callforpapers>.

When it comes to figuring out how to cover your tuition costs, some choices are better than others. Luckily #AmericasNavy has plenty of realistic options to help you get your foot in the door. Learn more about how we can help you with school:

<http://bit.ly/22JkVrn>

PAYING FOR SCHOOL? THE SMART CHOICES ALWAYS STAND OUT

SELF-HELP SEMINARS PIANO MOVER CROWD SOURCING
3 FULL-TIME JOBS MULTILEVEL MARKETING SLEEP STUDIES
NUPOC HPSP
NROTCGI BILL CHANGING YOUR NAME
RAFFLES WIN A GAME SHOW LOTTERY TICKETS COUNTING CARDS
LONG LOST RICH AUNT STREET PERFORMING FINDING A BRIFCASE FULL OF MONEY
LIVING STATUE ACTING LONG LOST RICH UNCLE

#AmericasNavy



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OFFICERS' CLUB, BUILDING 95

OPEN TO ALL PATRONS WITH BASE ACCESS

Kitchen closes an hour before closing time.

WEEKLY SPECIALS: Appie Hour specials are 4-6 p.m. & dinner specials 5-8 p.m.

Weekly specials and special nights are not available for take-out

MONDAY-FRIDAY: Winter Warmer Lunch Special is back by popular demand! Enjoy a complimentary cup of piping hot soup with any sandwich, burger or entrée purchase.

MONDAY: *APPIE Hour Special:* Complementary Cheese & Crackers, with a purchase of a beverage. *Dinner Special:* Crazy Burger Monday, all burgers, \$6.00 each.

TUESDAY: *APPIE Hour Special:* Half priced appetizers! *Dinner Special:* Seaside Trio, Stuffed, Popcorn Shrimp & Miniature Fish Sandwich \$14.00.

WEDNESDAY: *APPIE Hour Special:* Appetizer Combo, Nachos, Quesadilla & Jalapeño Poppers \$8.00. *Dinner Special:* Surf & Turf, choose from 4 or 6 oz. Bistro Steak paired with 3 Grilled Shrimp, served with potato & vegetable \$16.00

THURSDAY: *APPIE Hour Special:* Cup of New England Clam Chowder & half order of Calamari \$7.50. *Dinner Special:* Enjoy lobster served your style Traditional Boil OR Lazy Man Style, served with seasonal starch & vegetable.

**Below market dinner prices.

FRIDAY: *APPIE Hour Special:* Wing Buffet! Choose from Buffalo, BBQ, Garlic Parmesan, Teriyaki or Sweet Chili \$6.00. *Dinner Special:* Prime Rib, choose from 12 oz. Ensign, 18 oz. Captain or 24 oz. Admiral Cut, all served with potato & vegetable.

SATURDAY: 50% off all entrées* from 1700-2000. (*Entrées are those items listed under "Entrées" on the dinner menu.)

RECREATION CENTER, BUILDING 656

ENLISTED CLUB

OPEN TO ALL PATRONS WITH BASE ACCESS

Kitchen closes an hour before closing time.

ALL HANDS LUNCH

Open to all base patrons! Order lunch in the E'Club or Seaview Lanes, weekdays starting at 11 a.m.

MONDAYS

Two hotdogs with baked beans \$4.75, 11 a.m.-8 p.m.

TUESDAYS

Sloppy Joe with fries or chips \$4.00, 11 a.m.-2 p.m. Receive a free fountain soda with your lunch 11 a.m.-1:30 p.m.

WEDNESDAYS

All-You-Can-Eat - Pizza & Salad \$7, 11 a.m.-1:30 p.m. \$5 pasta dinner 5 to 8 p.m.

THURSDAYS

All-You-Can-Eat Taco Bar \$6.75, 11 a.m.-1:30 p.m. Chicken dinner \$7, 5-8 p.m.

FRIDAYS

BBQ Pulled Chicken Sandwich with chips or fries \$5, 11 a.m.-3 p.m. Build Your Own Burger - up to four toppings for \$7, 4-9 p.m.

SUNDAYS

\$5 football food specials, 1-7 p.m.

RECREATION CENTER, BUILDING 656

SEAVIEW LANES BOWLING CENTER

OPEN TO ALL PATRONS WITH BASE ACCESS

Kitchen closes an hour before closing time.

REGULAR RATES

Bowling \$3.50** Shoe Rental \$2.25**
Interactive Video Bowling \$2-\$3.50

XTREME BOWLING

Music, flashing lights, everything glows in the dark \$4** on Saturday nights 8-11 p.m.

MONDAYS

Active duty military bowl for \$1 per game**
11 a.m.-8 p.m.

TUESDAYS

Free shoe rental (save \$2.25), 11 a.m.-8 p.m.
Bowling league starts at 5:30 p.m., limited lanes.

WEDNESDAYS

Bowl one game**, get one game free 11 a.m.-5 p.m. Bowling league starts at 5:30 p.m., limited lanes.

THURSDAYS

1st game** is \$3, 2nd game is \$2, 3rd game** is \$1. All three games must be bowled at one time for special pricing, 11 a.m.-8 p.m.

FRIDAYS

Bowl \$2 per game** 11 a.m.-5 p.m. Bowling league starts at 5:30 p.m., limited lanes.

SUNDAYS

Bowl \$2 per game**. Anyone 55 and older bowls for just \$1 per game** (valid ID required).

MONDAYS-FRIDAYS

Children 18 and under bowl for \$1 per game**
11 a.m.-3 p.m.

FEDERAL HOLIDAYS

Bowl for \$2 per game**.

**per person

OUTDOOR RECREATION CENTER

20% off snowshoes for the month of January.

PASSPORT PHOTOS

A set of two photos for \$8 at ORR during normal hours of operation.


MWR STORAGE & CAR LOTS

To rent a spot, Call (401) 841-2194 to make an appointment. Payments may be done at Seaview Lanes during normal hours of operation.

MWR HOURS OF OPERATION FOR MARTIN LUTHER KING, JR. DAY

The following MWR facilities will observe their holiday hours of operation on Monday, January 18: Seaview Lanes Bowling Center 12-6 p.m.; Enlisted Club 12-6 p.m.; the John H. Chafee Fitness Center 9 a.m.-5 p.m.; Leisure Bay (Internet Café & Coffee Shoppe) 8 a.m.-6 p.m.; and Liberty Center 12-6 p.m..

MWR Administration; America's Cup Café; Auto Skills Center; Child Development Center & School Age Care; Chief's Club; NWC Café; Officers' Club (will also be closed on the Saturday before the holiday; Outdoor Recreational Rental & Teen Center will be closed.



Are You Ready For An Adventure or two?

Sunday, January 24
American Firearms School - Shooting Range

Sunday, January 31
Wachusett Mountain Ski/Snowboard Trip

MWR's Rhode Island Adventures (RIAD) is going to the American Firearms School and Wachusett Mountain!

The American Firearms School trip on Sunday, January 24 will leave the NEX parking lot at 4 p.m. and return approximately at 10 p.m. The school will give you the opportunity to shoot a variety of pistols and rifles. There will be Massachusetts State Certified Instructors on hand at all times. 10 year olds and above can rent rifles and 14 year olds and above can rent pistols. Parent/guardian must attend for anyone under 18 years old. Price for the trip is \$50.00 per person (eligible Liberty patrons \$25.00 per person). Trip includes round-trip transportation, \$10.00 ammo credit, targets, gun rentals and exclusive range rental.

Wachusett Mountain trip on Sunday, January 31 will leave the NEX parking lot at 6 a.m. and will return approximately at 6 p.m. Patrons must be at least 6 years old to attend, beginner package is \$87 per person (\$43.50 for eligible Liberty) includes lower lift ticket, equipment rental, a lesson & round-trip transportation. Lift ticket package is \$85 per person (\$42.50 for eligible Liberty patrons) includes access to all lift areas, equipment rental and round-trip transportation.

Sign up at Seaview Lanes Bowling Center, Building 656. For more information email RIAD.MWRNewport@gmail.com or call (401) 841-4293.

Disney Character Breakfast




SATURDAY, JANUARY 30
10 a.m.-1 p.m.
at the Officers' Club

BREAKFAST • PICTURES • ARTS & CRAFTS

Adults \$20.00 • Children (3-12) \$10.00 • Children 2 and under free

Tickets may be purchased at the Officers' Club Monday-Friday, 9-11 a.m. or 2-5 p.m. Event is open to all patrons with base access. For more information, call (401) 841-5442.

Navy Wide News

Direct from the Fleet: www.Navy.mil

CNO Releases 'A Design for Maintaining Maritime Superiori-

From Chief of Naval Operations
Public Affairs

WASHINGTON (NNS) -- Chief of Naval Operations Adm. John Richardson released 'A Design for Maintaining Maritime Superiority,' Jan. 5, a document that addresses how the Navy will adapt to changes in the security environment and continue to fulfill its mission.

To read A Design for Maintaining Maritime Superiority go to: http://www.navy.mil/cno/docs/cno_stg.pdf

The term 'design' refers to the document's built-in flexibility, recognizing the rapid rate of change occurring in both technology and the maritime domain.

"This guidance frames the problem and a way forward, while acknowledging that there is inherent and fundamental uncertainty in both the problem definition and the proposed solution," said Richardson.

"As we move forward, we'll respect that we won't get it all right, and so we'll monitor and assess ourselves and our surroundings as we go.

We'll learn and adapt, always getting better, striving to the limits of performance."

The CNO's design reaffirms the Navy's mission, describes the strategic environment and identifies four lines of effort, each with corresponding objectives to guide the actions of the Navy and its leaders.

The four lines of effort are the following:

- Strengthen Naval Power at and from Sea
- Achieve High Velocity Learning at Every Level
- Strengthen our Navy Team for the Future
- Expand and Strengthen our Network of Partners

The document also details four 'Core Attributes' that serve as guiding criteria for command decisions in decentralized operations: integrity, accountability, initiative, and toughness.



Sailors, Civilians of the Year to Receive Hometown Recognition

From Navy Office of Community Outreach

MILLINGTON, Tenn. (NNS) -- In the coming months, the Navy will honor thousands of Sailors and Navy civilians with Sailor, Junior Sailor, Bluejacket and Civilian of the Year honors.

The Navy Office of Community Outreach (NAVCO) helps commands share these stories with media in cities across America where the honorees have connections, such as where they grew up, where they went to school or where they have family residing.

Commands are also encouraged to use this program for quarterly awards throughout the year, and for any achievement, news story, spot award or photo featuring your Sailors and civilians.

Since NAVCO first began its media outreach program in 2014, nearly 10,000 stories and photos have been

shared with local media across the country, sharing the Navy story with more than 180 million Americans.

Commands can take advantage of this service by simply submitting Sailor and civilian award stories and photos to navyoutreach@navy.mil. Be sure to include all local connections the awardee has, such as hometown, high school, college, family ties, etc. NAVCO will share the stories with local media and provide each participating command a media feedback report with links to all coverage.

"No other factor creates more interest when highlighting personal achievements than a community's local tie with a Sailor or Navy civilian," said Alvin Plexico, NAVCO's Media Outreach department head. "I encourage all commands to maximize this opportunity to highlight the achieve-

ments of your Sailors and Navy civilians."

NAVCO's media outreach program helps tell the Navy story through the eyes of individual Sailors and Navy civilians by leveraging the ties they have to local communities across the country. The program is one of many NAVCO employs to increase Americans' understanding of the Navy, its people and its importance to national security and prosperity. An ancillary, but no less significant benefit, is the positive impact on the morale of the participating Sailors and Navy civilians.

For any questions, please contact Alvin Plexico, alvin.plexico@navy.mil or 901-874-5806.

For more Information about NAVCO, visit www.navyoutreach.org;



Direct from the Fleet: www.Navy.mil

Navy Installations to Conduct Exercise Solid Curtain-Citadel Shield 2016

From Navy Installations Command and U.S. Fleet Forces Command Public Affairs

WASHINGTON (NNS) -- Commander, U.S. Fleet Forces (USFF) and Commander, Navy Installations Command (CNIC) will conduct Exercise Solid Curtain-Citadel Shield 2016 (SC/CS16) Feb. 1-12 on Navy installations located in the continental United States.

This annual anti-terrorism force protection (ATFP) exercise is designed to train Navy security forces to respond to threats to installations and units.

"Solid Curtain-Citadel Shield 2016 provides the means by which USFF and CNIC assess Navy anti-terrorism program command and control capabilities, and the readiness and effectiveness of fleet and region program execution throughout the U.S. Northern Command area of responsibility," said William Clark, CNIC's ex-

ercise program manager. "Exercise scenarios are based on our assessment of terrorist/homegrown violent extremist objectives, capabilities and current real-world events."

Exercise SC/CS16 is not in response to any specific threat, but is a regularly scheduled exercise. The exercise consists of approximately 300 field-training exercise events on and off Navy installations across the country, each designed to test different regional ATFP operations. The exercise's scenarios enable assessment of the Navy and civilian law enforcement's response to attacks both on installations and at soft targets off-installation.

Exercise coordinators have taken measures to minimize disruptions to normal base operations, but there may be times when the exercise causes increased traffic around bases or delays in base access. Residents near bases may also see increased security activity associated with the exercise. Base personnel should register for the AtHoc wide-area alert network to stay up to date on force protection conditions and other

emergency, environmental, or exercise-related impacts on the area.

CNIC is responsible for providing support services for the Fleet, Fighter and Family with more than 52,000 military and civilian personnel under 11 Regions and 70 installations worldwide.

USFF executes the Navy AT Program in the United States to prevent, deter and defend against terrorist attacks on Department of the Navy (DoN) personnel, their families, facilities, resources, installations, and infrastructure critical to DoN mission accomplishment.

For more information about Navy shore installations visit <http://www.cnic.navy.mil> [<http://www.cnic.navy.mil/>]

For more news from Commander, Navy Installations Command, visit www.navy.mil/local/cnic/ [<http://www.navy.mil/local/cni/>]

To update your AtHoc alerts, visit <https://waanmacdap01.nmci.navy.mil/SelfService/MyInfo.aspx?sub=MYINFO>



Capt. Dennis R.D. Boyer, Commanding Office of Naval Station Newport presented a flag flown over the installation to Roger Poisson on the occasion of his retirement following 41 years of federal civil service. Roger was the Community Plans Liaison Officer until Dec 31, 2015. "Fair Winds & Following Seas!

Thank you for your longtime service and contributions to the Navy in R.I.



NAVSTA Training Impacts

Feb: 4—Active Shooter/Emergency Response Drill at Naval Health Clinic New England Newport will result in temporary gate closures and emergency procedures being executed by Fire & Emergency Response Personnel. Week of Feb 8-12—Fleet Forces Command will raise the Force Protection Level at Navy installations throughout CONUS—this will cause delays at the GATES—Be Prepared and plan accordingly.

Aft Lookout: A look back at the Navy's history



Courtesy of NWC Museum Archives



FROM THE NWC CLASS OF 1921. At left is Maj. Holland McTyeire Smith. After graduating from the University of Alabama and practicing law for a year, he sought a commission in the Army. When he found out that a commission was not available, he was appointed a Marine second lieutenant in 1905. Prior to World War I, he served in the Philippines with the 1st Marine Brigade and later in Panama and the Dominican Republic. In the First World War Smith was assigned as commander of the 8th Machine Gun company and later as Adjutant of the 4th Marine Brigade.

After serving as the Assistant Com-

mandant of the Marine Corps under Maj. General Thomas Holcomb, Smith became the first commander of the 1st Marine Division. Picking up the nickname "Howling Mad" and also the known as the Father of Modern Amphibious Warfare, he had command of the Amphibious Corps, Pacific Fleet and trained the 2nd and 3rd Marine Divisions prior to their deployment, and also those Army Divisions involved in the Pacific Theater. In 1944, he became Commanding General, Fleet Marine Force, Pacific. He commanded Task Force 56 in the Battle of Iwo Jima. He retired in 1946 and died in 1967.

Adm. Bill Gortney, right, commander, North American Aerospace Defense Command and U.S. Northern Command, speaks with U.S. Naval War College (NWC) students, staff, and faculty, Jan. 13, during a visit to Newport, Rhode Island. During his presentation, Gortney addressed current issues and provided a question and answer session for participants.



MCC James E. Foehl / NWC Public Affairs

NWC Museum reopens with fresh exhibits

Newport Daily News, Jan. 9-10, 2016

By Joe Baker

NEWPORT — After more than six months of renovations, the Naval War College Museum reopened Jan. 4, hosting new exhibits on English naval hero Horatio Nelson and the 1950s Navy expedition to Antarctica.

Housed in the historic building built in 1820 for Newport's Asylum for the Poor, which later became headquarters for both the Navy boot

camp and Naval War College, the museum has been closed since June. The work, which cost just under \$1 million, included the installation of a new heating, ventilation and air-conditioning system that, for the first time, gives the museum real control over humidity.

"It's important that we have a stable (climatic) environment to protect our artifacts," museum director of education John Kennedy said during a tour of the building Friday. "If it gets too wet it can cause mold to

form and if it's too dry (the artifacts) become brittle."

Each room in the museum now contains its own monitoring system to control the humidity, Kennedy said. Museum staff is still working out "kinks" in the controls, he said, but it is a vast improvement over previous conditions.

The work included improved lighting for the exhibits, many of which are shielded behind glass. An area of the third floor, which once was the storage room of last resort



SEE THE FACE OF ADMIRAL LORD NELSON

ON EXHIBIT AT THE
NAVAL WAR COLLEGE MUSEUM

JANUARY 4 - SEPTEMBER 30, 2016

for artifacts not being exhibited, has been emptied, Kennedy said. The artifacts once stored there have been moved to more appropriate rooms and shelves in the War College next door, he said.

For the reopening exhibit on Nelson, considered one of England's greatest naval heroes, the museum has one of only four known life masks of the famous admiral. The mask was cast from Nelson's face while he was recovering in Naples from wounds he suffered during his victorious Battle of the Nile in 1798.

Newport is just one stop on the mask's American tour. On loan from the National Museum of the Royal Navy in England, the mask will be the centerpiece of the exhibit until it departs in September for its next American stop.

"So much of the artwork we have of Nelson portrays him in an idealized and romanticized light, which is understandable considering his status as one of the most heroic and revered figures in naval history," museum curator Rob

Doane said in a prepared news release.

"This mask is unique because it humanizes Nelson for current generations."

The show's numerous paintings include one, on loan from the British Empire Club in Providence, of Nelson being shot by a French sniper and killed at the Battle of Trafalgar in 1805. It includes the museum's copy of the 1840 book "The Life and Service of Adm. Lord Nelson," written by several men who served with Nelson and knew him best, Kennedy said. It also features a political cartoon from 1798 showing Nelson leading along two "French" crocodiles, each with the heads of British politicians of the day who were supporters of France. The Antarctic exhibit, entitled "Deep Freeze! The Seabees in Antarctica," is germane, Kennedy said, because it was the Rhode Island Seabee battalion at Quonset Point that went down to construct all the buildings for the 1955-56 scientific expedition.

The exhibit includes paintings

and sketches from two Navy combat artists. One of them — Robert Charles Haun — was from Boston but moved to Rhode Island when he retired. Their job was to document naval operations in paintings. "Deep Freeze!" is on exhibit until May. Anyone without a Department of Defense identification card must call the museum at 841-4052, and provide personal information so that the Navy Pass and ID office can conduct a background check, which usually takes about five days, Kennedy said. Once approved for entrance to the base, the pass is good for 90 days, he said. Larger groups need to schedule a tour date and time, he said.

**Editors Note—this article is reprinted with the permission of the Newport Daily News*

The Naval War College Museum is open Monday through Friday from 10 a.m. to 4:40 p.m. The Museum is open for group tours if arranged in advance at 841-4052. Individuals without routine base access must call the Museum at least 5 working days in advance to arrange for installation access. The NWC Museum provides historical overviews for schools onboard the installation and is always looking for docent volunteers. Want more information about this fabulous resource? Call 841-2101 or email: John.Kennedy@usnwc.edu

January Wellness Programs at NHCNE

Jan. 19, 26: WEIGHT MANAGEMENT SUPPORT GROUP: A support group that meets every Tuesday, and is open to all active duty, beneficiaries, and DOD civilians who have the desire to improve their overall health through weight loss, maintenance, and control. The group will focus on setting small goals and providing motivation and emotional support in order to promote optimal health through healthy living. Different topics will be presented at each meeting and are also open to suggestions and requests.

Jan. 19, 21, 26, 28: SHIP SHAPE: This is an evidence-based behavioral health pro-

gram, designed for Active Duty individuals who exceed or are in danger of exceeding Navy Body Composition Assessment (BCA) standards. Beneficiaries are also welcome to attend. Participants will learn strategies to eat healthier, overcome emotional barriers & increase their physical fitness levels. This 8 week class is offered bi-annually and meets weekly. Please call to Pre- Register. Space is Limited.

Jan. 18, 25: FOOD, FITNESS, HEALTHY HEART: A one hour class that discusses the

principles of healthy eating, the importance of moving the body and the health and heart connection. My Plate is explored along with review of



macro and micro nutrient sources, importance of fiber, meal planning, hydration and physical activity. Cardiac risk factors are identified, methods of modification discussed, and lab values reviewed.

Call 841-6771 to register and/or to



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Contact the Office at 841-3538

To send content for the NAVALOG—email it to: NWPT_ContactUS@navy.mil

We are always looking for content to share with our community and welcome .jpg images; png formats and word documents—please do not send PDF formatted content.

Operational and Exercise Impacts are often communicated to the public first using the installation Facebook Page sign up NOW at: www.facebook.com/NAVSTANewport and stay informed!

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